



LEADER **SUICIDE** **IDEATION** **DRILL CARD**



Leadership in times of crisis is an opportunity to build trust, confidence, and unit cohesion. The goal in responding to a Soldier's expression of suicidal ideation is to prevent a suicide attempt by actively engaging. If you see someone in crisis, use the information in this card to intervene. Know your team and notice any changes in behavior; know the risk factors such as relationship or financial problems, and substance abuse and access to lethal means; and know what resources are available to get help.

After a crisis, continue to check in. Ensure your Soldier is treated with empathy, understand duty limitations, and seek the counsel of an expert. You play a role in suicide prevention by supporting the Soldier's return to readiness.

PREVENTION: WHAT TO DO TO PREVENT AND PREPARE

Normalize help-seeking behaviors as an actionable step to reducing stigma.

01 Underscore that help is always available

02 Encourage help-seeking assistance when distressed

03 Reinforce warning signs for suicide

04 Identify local support services available to the unit

05 Be a role model. Acknowledge and communicate coping strategies for dealing with stressful events

INTERVENTION: WHAT TO DO WHEN YOU SEE A PROBLEM

1. Engage immediately. Talk about your observations and offer support when needed.
2. Ensure the Soldier is supported, even if UCMJ or administrative action is involved. Provide ongoing contact to stay situationally aware of Soldier well-being throughout the situation.

POSTVENTION: WHAT TO DO AFTER AN ISSUE IS

1. Seek SME counsel (Chaplain, Behavioral Health).
2. Ensure awareness of duty limitations and provide observations/updates to support agencies.
3. Enhance contact to discuss treatment plans. Follow-up and ensure follow-through.
4. Address rumors or gossip through professional actions. Check in on the Soldier with privacy in mind. Make an effort to stay in touch by periodically checking in. You play a role in suicide prevention by showing your support for the Soldier's return to readiness.

LOCAL CONTACT INFORMATION AND RESOURCES

We must take all suicide threats and warning signs seriously. Intervening early decreases the time a person in crisis has available to act on their suicidal thoughts.

- Military Family Life Counselor
- Unit Information:
- Behavioral Health:
- Chaplain:
- Installation/Local Phone Numbers:

